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HOUSEKEEPERS' CHAT Friday, December 1, 1933.

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SUBJECT: "Winter Vegetables." Information from the Bureau of Home Economics, U. S. Department of Agriculture.

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The big day is over. You and I can take a long breath now and settle down to our regular jobs of running the house and planning the meals and so on. Everyday matters again have the center of the stage.

And speaking of everyday affairs reminds me of vegetables. Of course, all up-and-coming meal planners these days know that the family needs vegetables every single day, rain or shine, winter or summer. No use expecting your youngsters to be hearty and husky and happy, if they miss the vegetables they need. Through vegetables come many of those minerals and vitamins that aid in the campaign against winter ills and cold-weather sulks and grouches. Yes, and vegetables are one of our best natural sources of bulk or roughage, also needed for the sake of health and dispositions.

But knowing the value of vegetables is one thing and getting the family to eat them is another. Remember that old saying about leading the horse to water? I daresay you've thought of that many a time when Johnny has balked at his carrots and when small Jane has put up strenuous opposition to her greens. Mothers can preach and exhort, or beg and beseech, or threaten and bribe, even use tears, but all these methods may be of no avail against a stand-pat youngster. The successful way to make the family yearn for vegetables is to appeal to their appetites. If those vegetables look so good that the family just can't resist trying them and then if they taste good enough for a second helping, your problem is solved. Less talk about vegetables and more time spent on good methods of cooking and attractive ways of serving -- that's what many homes need.

The way to a child's appetite is often through looks and taste. Have plenty of variety in your vegetables so the family won't lose their appetites through monotony. I don't mean that you have to have a great variety of different vegetables. No, the inexpensive vegetables that we all can find in the markets or in your pantry or storage cellar are all that you need. But for the sake of variety, you need to prepare these everyday vegetables in many different and delicious ways, so they'll look different and taste different.

You and I have discussed many times before this matter of prejudice against vegetables. I'll tell you one very sad fact. Many people in this world have never tasted a well-cooked vegetable. Yes, actually. I know men who have eaten in some restaurants year after year where the carrots are all cooked early in the morning and kept warm in a steamer until noon or night. By meal time, when the men come in to eat them, they have a dull color, a limp and lifeless texture, and almost no flavor. Overcooking spoils more vegetables than anything else. To get the best out of your vegetables, you need to remember that they're last-minuters. Cook them until just tender -- no longer, and serve them at once.

Save the color of green vegetables by cooking them in an open kettle in boiling lightly salted water and by serving them promptly. The specialists say thumb's down on using a pinch of soda in your vegetables. Soda spoils the flavor and usually makes the vegetable somewhat mushy, and even worse, ruins the vitamins -- one of the big reasons for eating vegetables at all.

Now, let's run over some of the possibilities among the winter vegetables. Besides potatoes and sweetpotatoes, which are usually inexpensive, you can put the winter vegetables in three classes. The first group are those that develop underground -- the roots, including carrots, turnips and beets -- also onions, which, you know, are bulbs. The second group are the green leaves: cabbage, kale, collards, spinach and turnip tops. One or more of these will be found all through the winter in some markets. Cabbage you can find in practically all parts of the country. Still another class of winter vegetables are those good yellow products, the pumpkins and the squash. Then, beside these fresh vegetables, you have your choice of the canned and dried summer vegetables, those you put up yourself or those which you can buy at relatively low cost in the store. At the top of this list come canned tomatoes, dried beans, dried peas and dried corn. These are low-priced almost everywhere. And what's even more fortunate -- they have the same or better food value than the vegetables that cost more.

Now the question is how to make these old standbys seem new and different, how to keep from getting into a rut in serving them. One good trick is to serve vegetables raw as often as you can. Raw chopped or shredded cabbage is an old favorite. So is sliced raw onion. Carrots, turnips, cabbage, celery and onions are all good raw in salads. I've even seen finely chopped raw beets and finely chopped spinach used in salads. Many families enjoy raw vegetables served in sticks, to eat as you do celery. Scraped carrots are especially good this way. So are turnips. I know one family that enjoys cauliflower cut in thin slices and served with salt.

Combinations of cooked vegetables also add variety to your menu. Tomatoes are good stewed with onions or celery, or corn. Carrots are good fried or scalloped with apples. Yes, and cabbage is also very good scalloped with apples. Onions are good scalloped with cheese and bread crumbs.

Try panning your cabbage, or your kale. Cook the shredded cabbage just a few minutes in a frying pan with a little fat in the bottom to keep it from burning. Try cooking your greens in milk for a change. Well, some other time I'll tell you more about different ways to deal with vegetables. Time is flying and we haven't started on the menu. Now let's plan the dinner for the day after Thanksgiving. Cold sliced meat or fowl; Mashed rutabaga turnips; Braised celery; Grapefruit and date salad with French dressing and cheese crackers; and Coffee.

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MONDAY: "SOME HINTS ON BUYING CANNED FOODS."